

SACRAMENTO AREA CAREER WOMENS NETWORK, INC.

VOL. 7, NO. 7

JULY, 1991



Much of the heart and soul of SACWN
in the last 3 1/2 years is found in
the fun, sharing, and friends that

Special Interest Groups (SIGS) provide. Over half of you participate in SIGS; there are 19 in this issue and many others have come and gone. That the SIGS are such a success is a tribute to all those who have participated in them and to those members who have given their time and energy to leading them.

A Message From The Steering Committee

Last month's Steering Committee meeting was jammed with visitors responding to our call for volunteers to help with future events. Look for new energy and new faces working to bring you future events, speakers, and articles in the newsletter. It's not too late to get on board if summer finds you with a little extra time to give, so call us . . . we're ready for you, and more help makes less work for everyone.

Having combined the traditional BBQ and country-western dance in the park event with Mother's Day this year, we won't have an organization-wide event in July. Instead, we're highlighting all the Special Interest Group events this month, and we're sure you'll find one or more of those that strikes your fancy. Big plans are afoot for August through November; watch this newsletter for details in the future.

Besides the many thanks to all the new and continuing volunteers who keep SACWN running, this month we pay special tribute and fond farewells to two of our long-timers on the Steering Committee. Joanna Cassese, Program Coordinator, has retired to pursue other interests after years of bringing us excellent programs and sharing her boundless enthusiasm in so many ways. Rosanna Herber, our Steering Committee Coordinator who has served us with such dedication and energy in administration, newsletter and networking over the past several years, is leaving in July to give herself some rest and respite from the demanding position she's filled for us. Please thank them when you see them next time; we all need to hear the "good stuff" too.

Rosy Metrailler
Corporate Coordinator

Lambda Freedom Fair

A big THANK YOU to those individuals who helped put together and people the SACWN booth at the Lambda Freedom Fair at McKinley Park, Saturday, June 15th. All of us in SACWN were proud to be a part of the fair and appreciative of those subscribers who helped represent the organization.

August Program!

The Return of the Lesbian Love Connection!!!

We had such a good time playing the DATING GAME & NEWLYWED GAME last year that we're doing it again this year! Mark your calendars for Friday, August 16th, when the Clarion Inn in Sacramento will be the site of lots of laughs and lovely women. The games will be hosted by local budding comedienne Maureen Gaynor, who's had them rolling in the aisles at Cafe Lambda. If you'd like to participate, call 451-9691. You're guaranteed a good time as we celebrate love, and laugh with each other, making Lesbian Love Connections!

CALENDAR

JUNE & JULY. Sacramento Art Attack II. Art Auction & Sale at the Townhouse Restaurant, with proceeds to benefit Hope House.

JULY 14th. Poetry Reading at Lioness Books featuring Viola Weinberg & Kay Lindsay of Hedgebrook, the Women's Writing Collective in Washington. 2 p.m. Call 442-4657 for more info.

AUGUST 1st. Deadline for submissions to SACWN Directory.

AUGUST 6th. SACWN Networking Program: The LESBIAN LOVE CONNECTION returns! (see story above).

MONDAYS: Women's Rap & Social, Lambda Community Center, 7 p.m. 442-0185.

TUESDAYS: *Being Gay Today*, Cable 18, 10 p.m.

THURSDAYS: *Being Gay Today*, Cable 18, 9 p.m.

Women's Coming Out Group, Lambda Community Center, 5:30 p.m. 442-0185 (childcare available, wheelchair accessible)

FRIDAYS: Cafe Lambda, Lambda Community Center, 8 p.m. Coffeehouse with live entertainment. 442-0185.

Country-Western Dance, River City MCC, 7 p.m. 454-4762.

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SACWN, Inc. solicits letters regarding issues, concerns, etc. Please send letters signed to Editor, at above address. Names will appear with prior approval. Letters and articles may be shortened due to space restrictions. To retain individual flair, minimal editing is done on articles submitted by subscribers.

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To help with the Newsletter, please call Marta at 456-9312.

AD RATES — (ads not camera-ready may be extra)

Full Page (7 1/4"x10 1/4") - Member \$120⁰⁰, Non-member \$180⁰⁰

Half Page (7 1/4"x5") - Member \$60⁰⁰, Non-member \$90⁰⁰

Quarter Page (3 1/2"x4 3/4") - Member \$30⁰⁰, Non-member \$45⁰⁰

2 Column Inch (3 1/2"x3") - Member \$22⁵⁰, Non-member \$33⁷⁵

Business Card (3 1/2"x2") - Member \$15⁰⁰, Non-member \$22⁵⁰

Classified Section - Member \$.20 per word, Non-member \$.30 per word.

NO ADS WILL BE TAKEN OVER THE PHONE OR AT SACWN EVENTS. PAY IN FULL IN ADVANCE AND SAVE 10% for 3 insertions or longer — SAVE 15% with 12 insertions.

All art and payment is due on the 2nd Tuesday of the month for next month's issue. Send to SACWN, Inc., P.O. Box 661332, Sacramento, CA 95866.

SPECIAL INTEREST GROUPS

BRIDGE

The Bridge Group has decided to play only once a month during June, July and August. The July game will be on Friday, the 12th. Call Joyce for information, 1-676-4317.

GOLF

Come join the fun every Thursday afternoon. All levels of players are welcome. If you are interested, call Lisa in advance for location, tee time, and more details at 368-7457 during the day or in the evening at 363-3430.

SINGLES . . . and OTHERS

We're having a great time and lots of fun playing games. For info on July activities, call Joan, 1-795-1336.

BOOK GROUP

For Book Group this month, we have a hot book, *Cat's Eyes* by Margaret Atwood. This is a disturbing, compelling novel. Book Group will meet July 21, at 3:00 p.m. Call Gretchen for details, 922-6287.

LATE-BLOOMERS

Our group remains cozy and comfortable but we welcome new members each month. The common reaction: "I'm NOT the only person who ever went through this!" We're beginning to add extra outings, picnics, and get-togethers to our regular monthly meetings. Why not join in socializing and sharing a safe place. Bring a friend if you want. Next two meetings, July 18 and August 15, 7:30. Call Mary V., 1-677-8901, or Mary G., 395-1446. Old members, be sure to call; you need new directions.

CULTURE CLUB

The Culture Club will be on hiatus until September.

RELATIONSHIP ADDICTION

The Relationship Addiction group will take a two-month hiatus over June and July. If you would like to be contacted regarding our August meeting, please call Judie, 481-5001.

TOP TEN

The Top Ten is a group of women over 50 and their friends. We meet once a month for fun and conversation and mutual support. If you'd like to get acquainted, call Ariel at 483-9794 for info.

DAVIS OVER 30

Well, it's that time again . . . the heat is on in Davis and we are set for a plunge in the pool to cool us down. When we get hungry, there will of course be a poolside repast to enjoy together. So . . . dig out your swimsuits and plan to join us on Saturday, July 20 from 3:00 to 7:00 p.m. for another fun-filled day in the warm Davis sun. Call Chris at 758-0879 or Shelley, 753-0470 for details.

SCUBA DIVERS

This group has been discontinued.

OUTDOOR RECREATION

Carol, 451-7933.

HORSING AROUND

This group has been discontinued.

SECOND STAGE RECOVERY

Are you no longer new to recovery? Are you frustrated with living in the problem and ready and willing to move into the solution. We are a group of women in recovery. We come from the experience of co-dependency, ACA, Al-Anon, relationship addiction, AA, DA, and OA and have found many commonalities. In Second Stage Recovery, we will meet to support each other in our growth and the ongoing recovery process using 12-step principles. Call Ann, 927-6038 or Kathy, 1-753-4204.

CAMPING - RV AND TENT TRAILERS

The RV camping group went to Coloma and had a wonderful weekend. Our potluck was great and singing around the campfire was even greater. There were 5 rigs, 11 women. The weather was perfect and we've planned other trips. If anybody is interested, call Jayne, 921-6642. We'd love to have you join us.

WOMEN SURVIVING BREAKUP

Grieving the loss of a love often occurs off and on for about 2 years. This group is open to women at any point in this process of healing, letting go, and moving on. Talking and laughing with others having the same experience has been tremendous support and encouragement. Call Sandy, 933-0670, for more information. Next meetings: July 14 and 28.

SOFTBALL - Call Pam at 1-773-5292.

TWENTYSOMETHING

Plan trips to San Francisco and the women's bar in Walnut Creek this summer. Come and join us! For info on this and our monthly potluck, call Tina, 456-1913, or Michele, 447-3989.

PLAY READING

The Play Reading Group will be meeting twice a month on the 2nd and 4th Monday nights at 7:00. All types of parts are available and everyone is invited. RSVP Lenora, 444-0102.

WOMEN WHO JOG TOO MUCH

This group is being discontinued.

NIBBLES AND BITS

The June computer meeting was held and due to lack of interest and participation, the computer club is defunct until the winter months.

COUPLES GROUP

On Saturday, June 29, we are going to have a BBQ and swim party. If you're interested, call Vera, 383-8159 for more info. and directions. This will be the Couples Group's third event!

LESBIAN PARENTS- Call Sheri, 739-1691.

MUSIC ENSEMBLE

This new group is for instrumentalists — any type of classical music for starters. Join us and share the joy of music. We want to meet twice a month. If you're interested, phone Terry, 927-8532 for more information.

Friends and Lovers: Guardians of Good Health

By Sandra Warne, M.A.

I thought twice about writing this particular column. I considered that its content might make SACWN members defensive or angry. I decided to write it anyway, because my column has been primarily about "Emotions and Health."

To some people happiness is a social calendar packed with parties. To others, it's having lots of time to spend with a one and only. Whatever your preference, psychologists and medical doctors agree: Sociability of any kind is worth cultivating. According to mounting evidence, people who belong to a network of community and friends are happier and healthier, better able to cope with stress, and are remarkably resistant to emotional and physical ills.

A very large benefit and attraction to 12-step programs for people suffering from addictions and compulsions is the total acceptance, openness, commonality and unconditional welcoming from its members. The collective mental and physical health that carries out of this membership and group consciousness is testimony to that acceptance.

That brings me to the subject of this month's column. I have had lunch with many non-SACWN lesbians over the past months and I am being told with more and more frequency that these people are not members of SACWN because they have not been made to feel welcome by the organization. Furthermore, there has been a consensus that we are "clicky" and not very approachable as a group.

The more I thought about it the harder it became to defend SACWN on those issues. I also notice that lines are firmly drawn around existing subgroups and that we do in fact lack an essential social factor of truly cohesive organizations — that being a more open, welcoming, and accepting attitude toward new faces or faces we've never taken the time to know.

I'm not suggesting that we become a treatment program, but rather that we pay closer attention to one another and one another's needs for belonging. After all, who has suffered more from separation, discrimination and social isolation than we as lesbians? One would think that we would be acutely aware and particularly sensitive to exclusion of any kind and thus warmly extend ourselves to new or get to know familiar faces within our organization.

How can we expect acceptance and equality in the outside world if we still haven't learned to love, accept, and appreciate ourselves?

I would like to extend an invitation to the wonderful women out there that we have been deprived of knowing because of separatist messages we've sent out — to *please* give us another chance!

**If you would like
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Coming Out Story . . .

I would like to pay tribute to my friendship with Dorothy Mason, a pal since high school. We teased and flirted with each other in Spanish class, not realizing the implication at the time. I would chase her around the locker room in P.E. and give her 'monkey-bites' on her neck — silly girls.

We left for different colleges and afterwards reunited briefly as roommates in a women's household in San Francisco, enjoying the craziness of the 60's. We married men, moved to the country and kept in touch regularly.

Fifteen years ago we shared a special secret: "Nony, I'm in love with a woman!" "Dort, that's great — so am I!!" For several years we agonized over what to do about this confusing discovery. Could we stay married and have it all? Is this just a phase that will pass? We eventually ended our marriages and set out on the road to building our Lesbian identities.

And here we are today — Lesbian pals. Thank you, Dorotea, for thirty years of unwavering friendship and support. I love you — Nony.

Editor's note: Thanks for your story Nony! Is there a coming out story *you* would like to tell us? Please send your contributions to: SACWN, P.O. Box 661332, Sacramento, CA 95866.

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From Russia With Love

By Nony Morgan

Last July I was extremely privileged to be part of the first all-woman whitewater rafting expedition in southern Siberia. This was not a competitive event but was a diplomacy trip to establish friendships and communication between Soviet and American women.

Fourteen Soviet women met thirteen American women at the airport and gave us each a rose and a warm, welcoming embrace. Many of us cried with the emotional intensity of the moment.

By day we teamed up to share the physical challenges of the class 4-5 Katun River. In the evenings we shared campfire songs and intense personal conversation.

I was one of three lesbians on the trip. We had heard that lesbians and gay men were still being sent to mental institutions or jail for their "perversions," so we were initially hesitant about coming out to the group. During our third nights' gathering, one of the Soviets asked us all to share what problems we had with our men. When it was my turn to speak, I told them that I had been married for 15 years but that for the past 3 years I had been in a relationship with a woman. I said that the emotional/spiritual depth and the equality between us was much more satisfying for me. They didn't appear to have a judgment about this but seemed to ponder it as a new concept. The Soviet women are incredibly warm and open with their nurturing love. It was very natural for them to cuddle up around the campfire in each others arms.

During our first evening on the river, "Big Natasha" — tall, blond, blue-eyed, phys. ed. teacher (yes, I had a huge crush) — organized us to play children's games. We chased each other around a circle playing tag and danced the Hokey Pokey in Russian.

By the end of the week we had formed incredible bonds of friendship and sisterhood. We Americans vowed to bring them to the USA for another peace exchange.

We have been fundraising for 8 months to raise the \$30,000 required to sponsor their visit this June. The first 2 weeks will be spent in the Napa Valley/S.F. Bay Area; then we'll drive to Idaho for an eight-day rafting adventure on the Salmon River. We have arranged with Planned Parenthood to give them a much needed presentation on sex education and to have them fitted with diaphragms if they want. Birth control is almost non-existent in the Soviet Union with 5 to 8 abortions for every live birth. We are planning a lesbian event and a Jewish cultural event to help us all to overcome homophobia and anti-semitism in our lives.

Anyone interested in making a tax deductible donation to this effort can send a check to Project RAFT c/o Nony Morgan, 1150 Main St., St. Helena, CA 94574 or call Nony at (707) 252-1960.



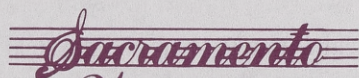
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☐ 1992 Lesbian/Gay Ski Week — Aspen, Colorado (Jan. 25-Feb. 1)

- ☐ All Future Women's Cruises, Domestic & International Tours
☐ Bangkok ☐ London ☐ Paris ☐ Amsterdam ☐ Israel ☐ Egypt ☐ Other _____

- ☐ 1992 Australian Lesbian/Gay Mardi Gras Tour (Fri. Feb. 21 — Mon. Mar. 2)
☐ 1992 Women's African Safari (July)
☐ 1992 Women's Music & Comedy Festivals

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